

# MAINE



## SNAP-Ed

Healthy Eating on a Budget

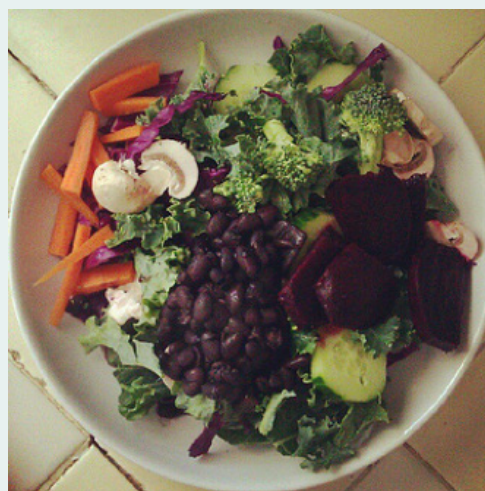
## BEETS, BEANS & SPINACH

Makes: 6 servings

Total cost of recipe: \$2.95

### Ingredients:

- ¼ cup lemon juice (or cider vinegar)
- 1 garlic clove, finely chopped
- 2 teaspoons mustard, such as Dijon
- 2 tablespoons Canola oil
- 2 cups sliced, cooked beets (try fresh or canned)
- 1 bunch of spinach
- 2 cups cooked beans (any kind)
- salt and pepper to taste



### Directions:

1. Combine lemon juice (or vinegar), garlic, mustard, oil, salt, and pepper in a large bowl.
2. Toss the sliced beets with one tablespoon of the dressing in a small bowl.
3. Toss the spinach and beans with the remaining dressing in the large bowl.
4. Put the spinach and bean mixture on plates and top with the beet mixture.

Recipe From: What's Cooking? USDA Mixing Bowl

Photo credit: Cosiest, flickr.com/photos/coziest



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## APPLE COLESLAW

Makes: 4 servings

Total cost of recipe: \$1.44

### Ingredients:

- 2 cups cabbage, shredded and washed
- 1 medium carrot, grated
- ½ medium green pepper, chopped
- 1 medium apple, chopped
- 5 tablespoons low-fat or fat-free plain yogurt
- 1 tablespoon low-fat mayonnaise
- 1 teaspoon lemon juice
- ¼ teaspoon dill



### Directions:

1. Mix the cabbage, carrot, green pepper, and apple in a large mixing bowl.
2. Mix the yogurt, mayonnaise, lemon juice, and dill in small bowl.
3. Pour yogurt mixture over vegetables, mix, and serve.

Recipe From: What's Cooking? USDA Mixing Bowl

Photo credit: Jeremy T. Hetzel, flickr.com/photos/jthetzel

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## GRILLED VEGETABLES

Makes: 4 servings

Total cost of recipe: \$1.44

### Ingredients:

- 2 tablespoons Canola oil
- 2 cloves garlic, finely chopped
- 3 sweet potatoes, cut into one-inch slices
- 3 corn cobs, cut into two-inch sections
- 1 eggplant, cut into half-inch slices
- 12 green onions, cut-off tops and white bottoms
- salt and pepper to taste



### Directions:

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place oiled vegetables on broiler pan or on grill. Cook 10 minutes, turning twice until vegetables are tender, and serve.

Recipe From: What's Cooking? USDA Mixing Bowl

Photo credit: Shawn Campbell, flickr.com/photos/thecampbells

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